

## State of Rhode Island and Providence Plantations GUBERNATORIAL PROCLAMATION

## Family Day - A Day to Eat Dinner with Your Children

WHEREAS, the abuse of illegal drugs, alcohol and nicotine constitute a great threat to the well-being of America's children; and

WHEREAS, 16 years of surveys conducted by The National Center on Addiction and Substance Abuse at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, frequent family dining is associated with lower rates of teen smoking, drinking, and illegal drug use; and

WHEREAS, the correlation between frequent family dinners and reduced risk for teenage substance abuse is well documented; and

WHEREAS, parents who are engaged in their children's lives – through such activities as frequent family dinners – are less likely to have children who abuse substances; and

**WHEREAS**, family dinners have long constituted a substantial pillar of family life in America; and

**NOW, THEREFORE, I, Lincoln D. Chafee,** Governor of the State of Rhode Island and Providence Plantations, do hereby proclaim September 26, 2011 as Family Day – A Day to Eat Dinner with Your Children in the State of Rhode Island and call on all citizens to join me in recognizing the importance of this day.



Given under my hand and the great seal of the State of Rhode Island and Providence Plantations, this 14th day of June, 2011

A. Ralph Mollis Secretary of State Lincoln D. Chafee
Governor